

Health and Wellness Fair Guide



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Details

I am going to the South Portland Community Center to participate in the first annual Health and Wellness Fair.

The event goes from 10am-2pm, but I can show up and stay for however long I would like to. I do not have to be there the entire time.

Date:
Saturday, November
15th, 2025

Time:
10am-2pm

Location:
South Portland
Community Center
(21 Nelson Rd)

Before I go



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Here is a list of things I might want to bring with me:

- exercise clothes/ shoes- if I am attending a demo
- medical/ fitness supplies for the swap
- registration information for the blood drive
- my health insurance info if I have questions

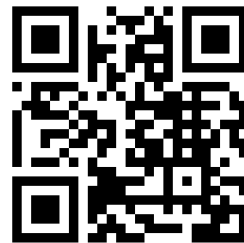
Getting There: Bus



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Full Bus Schedules
and maps can be
found here:
gpmetro.org



If I take the bus to the resource fair, I will take the 24A to the Broadway/Evans bus stop and walk up the street. It is roughly a .7 mile walk.

When I leave the event, I will get on the bus at the same stop.

When I get there:



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This is a large event, so I will see a lot of people walking around. It may be loud at times.

There will be an informational table near the entrance. The people there can tell me the schedule of events and where everything is located.

Language Interpretation



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There will be 4 language interpreters at the event, interpreting in:

- Spanish
- French
- Portuguese
- Lingala

Their table will be located at the front of the community center, near the information table. If I need someone to help me with language interpretation at any of the tables, I can ask them to come with me to interpret.

Free Childcare during the event



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There will be free childcare in the activity room during the event. If I have a child with me, they can go there to participate in crafts and games while I explore the fair.

Vendors



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Tables might include:

Health exams, health information, wellness information, etc.
(every table will have some sort of free educational component)

Many different organizations will be there, each with a table set up. I can go up to whatever tables interest me and talk to the people running it. If there is someone already talking to them, I will wait my turn.

They will tell me about their organization or teach me about something related to health and wellness. I can ask questions if I have any. They may have papers or items that they are giving away. If I want, I can bring a shopping bag with me to carry these things around. If I don't want something they are handing out, I can tell them that I don't want it.

Vendor List

Here is a list of vendors that will be at the event. I can mark any that I want to make sure that I visit, before I go. If I want, I can check off the vendor names after I visit each one.



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- Frannie Peabody
- City of Portland Public Health Division
- Greater Portland Health- School Based Health Center
- Age Friendly South Portland
- Spurwink Alltech
- MaineHealth Lifestyle Medicine
- Carie Bernard Acupuncture and Facial Rejuvenation
- Disability Rights Maine
- Maine Active LLC
- At&T
- Nourished Lifestyles
- City of South Portland Sustainability Department
- United Way of Southern Maine
- Mome Studios
- Hotworx South Portland
- Sopo Unite
- South Portland Police Department
- Red Cross
- MaineHealth Preventive Medicine

Health Exams



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Some of the tables will have trained medical providers who are helping administer health exams. For these, I should talk to them ahead of time to see if I qualify and then wait my turn for my exam. Exams include:

- Youth eye exams (under 20)
- Blood Pressure Tests
- BMI calculations
- HIV tests
- Dental screenings
- Hepatitis C testing

Blood Drive



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The Red Cross will have a blood drive set up in the Casco Bay room, to the right when I first walk in the front entrance. This area is only for people who are donating blood. If I wish to donate blood, I should register ahead of time to secure my spot:



Car Seat Installations



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South Portland Police Department will be conducting car seat installations to make sure that car seats are safely and properly installed in each car. For these, I should check in ahead of time. When it is my allotted time, I can bring my car, with the car seat, to the front entrance to have them inspect it.

Supplies Swap



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I can bring any unused, but in good condition, medical or fitness supplies to the supply swap, which will be set up in the hallway. I will leave my items on a table for others to take. I can take items that I need for myself. Examples of items include:

- hand weights
- yoga mats
- braces (wrist, knee, etc.)
- crutches
- walkers
- shower chairs
- stretching bands
- ice packs
- etc.

Naloxone Training



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United Way of Maine will be offering training for people on how to use naloxone. If I would like to be trained on this, I can visit them at their table for a short presentation. After the training I can carry naloxone on me in case of emergencies.

Healthy Eating on a Budget Demo



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Nourished Lifestyles will be hosting a 20-30 minute presentation about how to eat healthy on a budget. If I would like to attend, I can meet them in the senior wing at 11:30am. We will be cooking and trying healthy recipes.

Stretching and Meditation Class Demo



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Maine Active LLC will be hosting a free, 20 minute stretching and meditation class, upstairs in the multipurpose room. This is a chance for me to try out the class and see if I like this type of exercise. If I plan on attending, I should wear workout clothes and be outside of the multipurpose room when it starts at 12:00pm.

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MaineHealth Lifestyle Medicine will be hosting a 20-30 minute presentation about how to eat healthy on a budget. If I would like to attend, I can meet them in the senior wing at 12:30pm. We will be cooking and trying healthy recipes and learning about the Importance of Fiber and Daily Intake Recommendations.

Fitness Class Demo



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Mome Studios will be hosting a free, 20 minute exercise class, upstairs in the multipurpose room. This is a chance for me to try out the class and see if I like this type of exercise. If I plan on attending, I should wear workout clothes and be outside of the multipurpose room when it starts at 1:00pm.

Vaccines



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Portland Public Health will be offering flu and covid vaccines to children and uninsured adults. If I fit into that category, I can find them at the fair and receive my flu or covid vaccine.

Raffle



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There will be a free raffle that all guests are invited to enter. I will get one raffle ticket for attending the event. I can earn more tickets by attending various demos and activities at the fair. When I am ready to turn in my tickets, I will find prizes that I am interested in and put my ticket in the bucket by the prize. I may win or I may not. Winners will be announced at the end of the fair.

End of the Event



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When I am done participating at the event, I can take all of the items I collected from vendors home. I can also continue to take care of my health and wellness by using the things I learn in my daily life.

There might be some traffic when I am leaving the event.